GASTROBACK®

INSTRUCTIONS FOR USE
AND
INCLUDES RECIPES

DESIGN

EASY JUICER

Art.-No. 40118 Design Easy Juicer

Read all provided instructions before first usage!
Model and attachments are subject to change!
For domestice use only!

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Introduction

The current Interest in fresh and unprocessed food is the reason for fresh fruit and vegetablejuices to become a favorit component of our daily food and wellbalanced diet.

The Gastroback juicer has a special designed large feed chute, an integrated pulp container, a big juice jug and a stainless steel micro mesh filter. It operates with a high performance 900 watt motor which makes the juice production easy and efficient. The elaborate Design with the integrated pulp container makes the cleaning an ease.

The units have a smooth surface with no grooves and rough edges and can be cleaned easily after use. The provided juice jug finishes with the juice run-out and therefore eliminates any splatter during operation. It has a volumetric capacity of 800 ml and a nice grip for easy and comfortable handling.

Please read all the advice and instructions with care and keep the manual.

Only use the appliance to process fresh food.

Safeguards

We at Gastroback are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition, we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions. Carefully read all instructions before operating and save for future reference.

Important safeguards for your Gastroback Easy Juicer

Please read all the advice and instructions with care and keep the manual.

- Only use the appliance as stated and only for thus use. Any non-appropriate use and misusage can cause damages and heavy personal injuries through voltage, fire and moving units.
- Only proceed the appliance as described in the directions.
- Reparation and technical maintenance of the appliance or line cord are just allowed to be accomplished by an authorised specialist reparation shop.
- Do **not** push products into the feed chute with your fingers or foreign objects. Always use the food pusher provided.
- Do **not** touch the small cutting blades in the base of the stainless steel filter basket.
- Always make sure the Easy Juicer is properly and completely assembled before connecting to power outlet and operating. The unit will not turn 'ON' unless properly assembled.
- Do **not** let the motor run permanently for longer then 7 minutes to avoid overheating.
- Do **not** operate the Easy Juicer continuously on heavy loads for more than 10 seconds. None of the recipes in this book are considered a heavy load.
- Only use the appliance indoors.
- Store and use the appliance in a clean, frost free environment where it is protected from dampness, moistness and immoderate and extraordinary burden (such as: downfall, beat, overheating, moisture in the motor block) .
- Do **not** use or store the appliance outdoors.
- Store appliance and units out of reach of children
- While proceeding do **not** push the food pusher too hard down. Empty the pulp container and juice jug in time to avoid run-over and splatter which might causes damages to the appliance.

When proceeding hard or strigily food or if you press the stamp down too hard the motor could stop or slow down.
In this case turn off the appliance immediately and pull the plug to avoid overheating. Operate according to the instructions ´Trouble shooting guide`.

- Do **not** leave food leftovers dehumidify on the appliance or units of the appliance. If pulp dehumidifies on the micro mesh filter it may clog the fine pores of the micro mesh filter thereby lessening the effectiveness of the juicer. Remove such dirt immediately and operate according to the instructions ´Care and cleaning` before you continue to proceed.
- **Never** clean or operate the appliance or units of the appliance with abrasive or hard sharp-edged items.
- **Never** clean the motor block in the dishwasher.
- **Never** use force operating the appliance to avoid damage of the units of the appliance.
- The appliance is not suitable for mincing nuts, chocolate or similar ingredients.
- The appliance is not suitable to make minced meet or to blend food.

ATTENTION: Extra wide feed chute. Do not push products into the feed chute with your fingers or other foreign substances. Always use the food pusher provided.

- Always uncoil the line cord completely before installing the appliance.
- Place the appliance close to a power point and connect it directly without using any extension cords to avoid additional risks of injury through fire or voltage.
- Only install the appliance in proper form secure grounding receptacle with adequate electric power supply (alternating current; 230/240 V, 50 Hz) and ground fault circuit interrupter. The maximum power consumption of the appliance is 900 Watt. You should also install a fuse with a release current of maximum 30mA. If necessary ask your electrician for help.
- **Never** pull, rip, bend, clamp, squish or knot the line cord. Pay attention to the line cord not hanging of the table. Attend to nobody getting caught in loops of the line cord or pulling the appliance of the work space.
When pulling the plug always catch hold of the enclosure of the plug.
- **Never** situate the appliance close to a strong heat source or a hot surface (for example: heater, stove or grill)
- **Never** leave children unsupervised when the appliance or units of the appliance are in reach.
- **Never** let children play with the appliance or units of the appliance. Children and invalid people have to be supervised using the appliance.
- Do **not** use the appliance if it is damaged or units of the appliance are damaged. Do **not** use the appliance if it does not function properly or if it was excessively loaded. The appliance is likely damaged if the appliance or units of the appliance show cracks, exorbitant wearing down, alterations or leaks. It is also likely damaged if the drive wheel of the motorblock moves slowly. Take the appliance for technical maintenance and repair to an authorised specialised reparation shop.
- Only use units, spare parts and supplies which are provided and recommended by the manufacturer. Damaged or improper units may break in use, damage the appliance or cause injury.
- **Never** let water or other liquids run into the motorblock.
- **Never** clean the line cord or the motorblock in the dishwasher, poor liquids over the appliance or douse or dip it in water or other liquids. In case that water or other liquids ran into the motorblock while operating turn off the appliance immediately, pull the plug and dry the appliance with a clean cloth.
- The appliance is only suitable for indoor use.
- Only use the appliance for the intended purpose.

Do **not** use the appliance in moving vehicles or boats. Do **not** use the appliance outdoors.

- The work space has to be easily accessible, solid, even, dry and of sufficient size.
- Do **not** use the appliance in moist and wet areas.
- Do **not** put any cloth or napkins underneath the appliance to avoid endangering by fire and electric shocks.
- **Never** situate the appliance close to the edge of the working area.
- **Never** leave the appliance unattended, when the plug is plugged into the power point.
- Always turn the appliance off and pull the plug when the appliance is not in use or when disassembling, moving or cleaning the appliance.
- Make sure that the appliance is turned off before pulling the plug out of the power point.

Movable and sharp-edged units – risk of injury

- The feed chute is designed exceedingly large. Never put fingers, wooden spoons or other foreign substance (such as hair, clothing, brushes, cloths) into the feed chute when the appliance is plugged into the power point.
- Always turn the appliance off and wait for the motor to stop moving before taking off the lid of the juicer.
- Only use the provided food pusher to push food through the feed chute.
- **Never** hold your face or other body parts over the feed chute when the motor is running because little pieces of food could be thrown out of the feed chute.
- The blades on the base of the stainless steel micro mesh filter and inside the feed chute are very sharp. Pay attention when handling the units. Only touch the stainless steel micro mesh filter on the edge and handle with care when cleaning with the nylon bristle brush. Only store the appliance completely assembled. This way the blades will be out of reach.
- **Never** put foreign substance or hard objects into the feed chute. Remove all inedible parts (such as stem, hard peeling and seeds) of the food before putting them into the feed chute.
- The motor pursues running for a little while after turning the appliance off. Wait until the motor stops running completely before you open or move the appliance.

Know your Gastroback Easy Juicer

Food pusher:
for pushing whole fruit and vegetables down the patented wide feed chute

Unique patented centrally located feed chute

Juicer cover:
(dishwasher safe)

Stainless steel micro mesh filter basket (dishwasher safe)

Integrated pulp container:
will collect pulp for up to 1.5 litres of apple juice (dishwasher safe)

Juicer spout

High performance
900 watt motor

'ON' and 'OFF' button

Cord wrap:
cord wraps around a raised disc on the base of the Easy Juicer (not shown in picture)

Built in froth separator lid:
ensures juice froth is separated from juice when poured into a glass (if preferred)

800 ml dishwasher safe juice jug

Spatula:
ruler style end of brush is to assist in the removal of pulp from the integrated pulp container when juicing large quantities

Nylon bristle brush:
included for easy cleaning of the micro mesh filter basket

Assembling your Gastroback Easy Juicer

Before first usage: Rinse all the units of the appliance that come into contact with food with water and clean them with dishwashing detergent. Operate according to the instructions ´Care and cleaning´.

1

WARNING:
Handle the units with care and do not use any force. Pay attention to the sharp blades on the stainless steel micro mesh filter and the feed chute to avoid injury. Always completely assemble your juicer before you plug the plug into the power point.

Step1:
Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched 'OFF' at the power outlet and the power cord is unplugged.

2

Step 2:
Place the integrated pulp container on top of the motor base. Locate the integrated pulp container so that the spout fits through the hole on the front of the motor base (Picture 1).

Step 3:
Align the arrows on the stainless steel filter basket with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the stainless steel filter basket is fitted securely inside the integrated pulp container and onto the motor base (Picture 2).

3

Step 4:
Place the juicer cover over the stainless steel filter and integrated pulp container. The humps of the rim of the juicer cover should align with the small plastic wings on the integrated pulp container. Lower into position. The juicing cover can be positioned in either of the plastic wings on the integrated pulp container. (Picture 3).

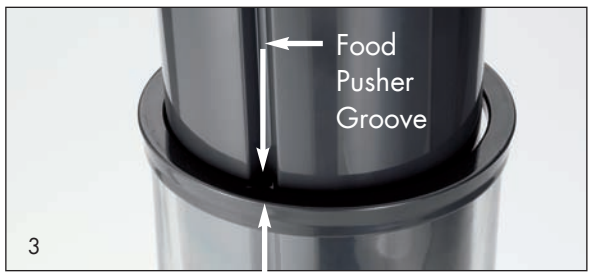
Assembling your Gastroback Easy Juicer

Step 5:

Raise the safety locking arm up and lock into the two grooves on either side of the juicer cover. The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover (Picture 1 and 2).

Step 6:

Slide the food pusher down the feed chute by aligning one of the grooves in the food pusher with the small protrusion on the inside of the top of the feed chute. Continue to slide the food pusher down the feed chute (Picture 3).



Small protrusion inside feed tube.

Step 7:

Place the juice jug provided sideways under the spout of the Easy Juicer. A graphic on the lid shows where the juicer spout is to be placed. Note the jug is designed to clip in under the spout to give it a positive location. A glass could also be used to collect the juice, but using the jug and lid is recommended to avoid any splatter.

Operating your Gastroback Easy Juicer

WARNING: Make sure the appliance is completely assembled and that there are nor foreign objects in the feed chute before putting the plug into the power point.
Never put fingers, wooden spoons or other foreign substances (such as hair, clothing, brushes, cloth) into the feed chute.
Always turn the appliance off and wait for the motor to stop moving before removing the lid of the juicer.
Keep the working place clean and dry. Do **not** let any liquids or water run into the motorblock Do **not** put any cloth or napkins underneath the appliance to avoid endangering by fire and voltage. In case that water or other liquids ran into the motorblock while operating turn off the appliance immediately, pull the plug and dry the appliance with a clean cloth. Operate according to the instructions ´Trouble shooting guide`

Step1:
Wash your selection of fruit and vegetables before juicing.

NOTE: Most fruit and vegetables such as small apples, carrots and cucumber will not need to be cut to size as these will fit into the feed chute whole. When juicing carrots place the tip of the carrot into the feed chute last.

Step 2:
Ensure the Easy Juicer is correctly assembled.
Ensure the stainless steel filter is thoroughly cleaned before each use (refer to ´Care and cleaning`).
Ensure you place the juice jug with lid fitted (or glass) under spout before commencing juicing.

Step 3:
Plug the power cord into a 230/240V power outlet and turn the power 'ON'. Push the 'ON/OFF' button to 'ON'.

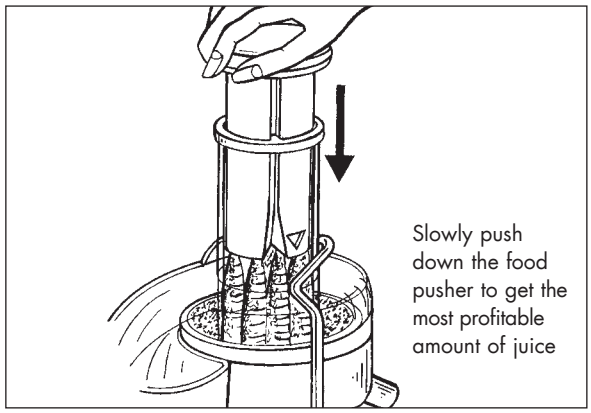
Step 4:
With the motor running, place food into the feed chute. Using the food pusher, gently guide food down the feed chute. To extract the maximum amount of juice, always push the food pusher down slowly.

NOTE: In case that the appliance slows down, stumbles or stops all of a sudden turn off the appliance immediately and pull the plug to avoid overheating. Operate according to the instructions ´Trouble shooting guide`.

WARNING: Never use fingers to push food down the feed chute or to clear the feed chute. Always use the food pusher provided.

Step 5:
Juice will flow into the juice jug and the separated pulp will accumulate in the integrated pulp container.

NOTE: When the integrated pulp container is full of pulp, it must be emptied before continuing to juice. (Refer to disassembling instructions). Reassemble machine to continue juicing.


Slowly push down the food pusher to get the most profitable amount of juice

Disassembling your Gastroback Easy Juicer

WARNING: Always turn the appliance off and pull the plug when the appliance is not in use or when disassembling, moving or cleaning the appliance. **Never** let water or other liquids run into the motorblock. **Never** clean the line cord or the motorblock in the dishwasher, poor liquids over the appliance or douse or dip it in water or other liquids.

Step 1:
Push the 'ON/OFF' button on the Easy Juicer to 'OFF' and then switch 'OFF' at the power outlet and unplug. Important Wait for the filter basket to stop spinning before continuing to step 2 (Picture 1).

1

Step 2:
Pull the locking arm back over the grooves on either side of the juicer cover (Picture 2). Move the locking arm down.

Step 3:
Remove the integrated pulp container (preferably with the juicer cover, stainless steel mesh filter and food pusher in place) by lifting vertically from the motor base. Take it to the sink for easy cleaning (Picture 3).

2

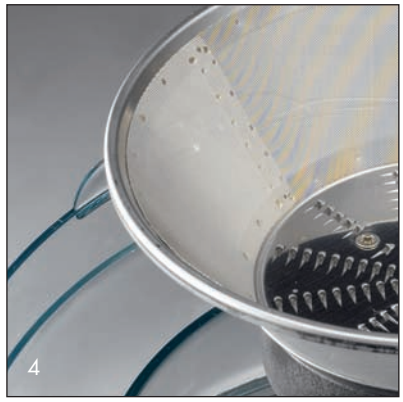
Step 4:
Remove the food pusher by lifting it vertically.

Step 5:
Remove the juicer cover from the integrated pulp container by lifting it vertically. Remove any pulp from the cover by using the flat end of the brush to gently scrape down the sides.

3

Disassembling your Gastroback Easy Juicer

Step 6:
Remove the stainless steel filter basket by lifting it vertically from the pulp bowl surround.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CAUTION: The stainless steel filter basket contains small sharp blades to cut and process fruit and vegetables. Do not touch blades when handling the filter basket.

WARNING: Do not use the juice fountain if the rotating filter basket is damaged.

Step 7:
Empty the pulp from the integrated pulp container into a side bowl for composing or into the bin. Use the flat end of the brush to gently scrape down inside the pulp container.

5

Care and cleaning

- Always ensure that the Easy Juicer is switched off at the power outlet. Then remove the plug from the power outlet before cleaning, dissembling and storing the appliance.
- Follow these instructions to clean all surfaces of parts that come into contact with food during normal use.
- For easy cleaning – immediately after each use always switch off at power outlet and then unplug. Then rinse removable parts under running water (to remove wet pulp). Allow parts to air dry.
- After disassembling the unit all removable parts may be washed in hot soapy water or dishwasher safe parts may be placed in the dishwasher.
- The Easy Juicer cover, integrated pulp container, stainless steel filter basket and 800ml juice jug are dishwasher safe, (top shelf only).
- Wipe the motor base with a damp cloth.
- For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using the supplied nylon bristle brush. Using the nylon washing brush, hold the stainless steel filter basket under running water and brush from the inside of the basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked soak the stainless steel filter basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively wash the stainless steel filter basket in the dishwasher.
- Do not soak the stainless steel filter basket in bleach.
- Always treat the stainless steel filter basket with care as it can be easily damaged.

- Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use.
- If discolouration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a non-abrasive cleaner.

NOTE: To assist with cleaning soak the stainless steel filter basket in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the Juicer. For your convenience a nylon cleaning brush has been included with your Easy Juicer.

WARNING: Do not immerse the motor base in water or any other liquid. Do not use water jet to clean the motor base.

Do not clean the motor base in the dishwasher

The centre of the filter basket and feed chute contain small sharp blades to process fruit and vegetables during the juicing function. Do not touch blades when handling the filter basket or feed chute.

WARNING: Abrasive and strong cleaner damage the surface of the plastic units and could cause discolouration. **Never** clean the appliance or units with abrasive and strong cleaner.

Never use hard or sharp-edged subjects when using or cleaning the juicer or the stainless steel micro mesh filter. Do **not** use force when using the appliance to avoid damages. Always assemble the appliance completely before storing. The units are protected this way and can not get lost.

Storage

Always clean the appliance before storing. Operate according to the instructions ´Care and cleaning`. Please store the juicer in a frost-free, clean and dry location where it is out of reach of children and is protected against excessively loads (such as down-fall, voltage, heat, humidity). **Never** lay heavy or hard objects on top of the appliance.

Trouble shooting guide

Possible problem	Easy solution
Machine will not work when switched ´ON´	The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juicer cover).
Motor appears to stall when juicing	Wet pulp can build up under the cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly. Clean the integrated pulp container, the stainless steel filter basket and the juicer cover.
Excess pulp building up in the micro mesh filter basket	Stop the juicing process. Remove the juicer cover, scrape off pulp. Re-assemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.
Pulp too wet and reduced extracted juice	Try a slower juicing action by pushing the food pusher down more slowly. Remove stainless steel filter basket and thoroughly clean mesh walls with the nylon brush. Rinse the stainless steel filter basket under hot water. If the fine mesh holes are blocked, soak the stainless steel filter basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow.
Juice leaks between the rim of the juicer and the cover of the filter	Try a slower juicing action by pushing the food pusher down more slowly. Fruit and vegetables with a high water content (tomatoes and watermelon) should be juiced on low speed.
Bowl surround juice sprays out from spout	Try a slower juicing action by pushing the food pusher down more slowly.
Juicer makes loud noise when turned on	Filer basket is not properly snapped into position. Turn the On/OFF button to OFF. Turn the power OFF. Disassemble the Easy Juicer (refer to ´disassembling`). Re-assemble (refer to ´assembling`).
No juice coming out while juicing	Check that the spout is not blocked with pulp. Refer to ´Care and cleaning`.

Tips on juicing

The inside information on juicing

Although juice drinks are usually developed with flavour, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.
95% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruit and vegetables form an important part of a wellbalanced diet. Fresh fruit and vegetable juices are an easy to make source of vitamins and minerals.

Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients. When you make your own juices, you have complete control over what you include in them. You select the ingredients and decide if you need to use sugar, salt or other flavouring agents. Freshly extracted juices should be consumed just after they have been made to avoid a loss of vitamin content.

Purchasing and storage of fruit and vegetables

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season.
- Keep your fruit and vegetables ready for juicing by washing them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumber and herbs should be stored in the refrigerator until required.

Preparation of fruit and vegetables

- If using fruit with hard or inedible skins such as mangoes, guava, melons or pineapple, always peel before juicing.
- Citrus fruit can be juiced in the Easy Juicer if peeled first.
- All fruits with pits, hard seeds or stones such as nectarine, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- A small amount of lemon juice can be added to apple juice to prohibit browning.

NOTE:
Your Easy Juicer makes invigorating, frothy orange juice. Simply peel the oranges and juice.(It is best to refrigerate oranges before juicing).

The right technique

When juicing a variety of ingredients with varying textures start with the softer textured ingredients then change to for harder texture ingredients. If you are juicing herbs, sprouts or leafy green vegetables either wrap then together to form a bundle or juice them in the middle of a combination of ingredients to obtain the best extraction.

If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing, it is advised to juice them as with a combination of other fruit and vegetables.

All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture.

NOTE:

To extract the maximum amount of juice always push the food pusher down slowly.

Getting the right blend

It is easy to create great tasting juice. If you have been making your own vegetable and fruit juices, then you know how simple it is to invent new combinations. Taste, colour, texture and ingredient preferences are a personal thing. Just think of some of your favourite flavours and foods – would they work well together or would they clash. Some strong flavours could over power the more subtle flavours of others. It is however, a good rule of thumb to combine starchy, pulpy ingredients with those high in moisture.

Using the pulp

The remaining pulp left after juicing fruit or vegetables is mostly fibre and cellulose which, like the juice, contains vital nutrients necessary for the daily diet and can be used in many ways. However, like the juice, pulp should be used that day to avoid loss of vitamins.
Some of the uses of pulp are to bulk out rissoles, thicken casseroles or soups or in the case of fruit, simply placed in a bowl topped with meringue and baked for a simple dessert. Quite apart from the consumption use, pulp is great used in the garden for compost.

NOTE:

When using the pulp, there may be some pieces of fruit or vegetables remaining. These should be removed before using the pulp in any recipes.

Fruit and vegetable facts

Fruit and vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/calorien count
Apples	Autumn/Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	200 g Apple=300 Kj (72 cals)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre, Contains Potassium	30 g Apricot=85 Kj (20 cals)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre, Vitamin C and Potassium	160 g Beetroot =190 Kj (45 cals)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	125 g Blueberries =295 Kj (70 cals)
Broccoli	Autumn/Winter	Plastic Bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre	100 g Broccoli =195 Kj (23 cals)
Brussels Sprouts	Autumn/Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B5, E, Folate and Dietary Fibre	100 g Brussels Sprouts =110 Kj (26 cals)
Cabbage	Winter	Wrap, trimmed in the refrigerator	Vitamin C, Folate, Potassium, B6 and Dietary Fibre	100 g Cabbage =110 Kj (26 cals)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	120 g Carrots =125 Kj (30 cals)
Cauliflower	Autumn/Winter	Remove outer leaves, store in Plastic bag in refrigerator	Vitamin C, B5, B6, Folate, Vitamin K and Potassium	100 g Cauliflower =55 Kj (13 cals)
Celery	Autumn/Winter	Refrigerate in plastic bag	Vitamin C and Potassium	80 g Celery= 55 Kj (7 cals)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	280 g Cucumber =120 Kj (29 cals)
Fennel	Winter/Spring	Crisper in refrigerator	Vitamin C and Dietary Fibre	300 g Fennel=145 Kj (35 cals)
Grapes (seedless)	Summer	Plastic Bag in refrigerator	Vitamin C, B6 and Potassium	125 g Grapes = 355 Kj (85 cals)
Kiwi Fruit	Winter/Spring	Crisper in refrigerator	Vitamin C and Potassium	100 g Kiwi Fruit =100 Kj (40 cals)
Mangoes	Summer	Refrigerated	Vitamin A, C, B1, B6 and Potassium	240 g Mango =200 Kj (48 cals)
Melons including Watermelon	Summer/Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200 g Melon =210 Kj (50 cals)
nectarine	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium and Dietary Fibre	80 g nectarine =355 Kj (85 cals)
Oranges	Autumn/Winter Spring	cool and dry place for 1 week, transfer to refrigerator keep longer	Vitamin C 35 mg/100 g	150 g Orange =160 Kj (38 cals)
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3, Potassium and Dietary Fibre	150 g Peach =205 Kj (49 cals)
Pears	Autumn	Refrigerate uncovered	Dietary Fibre	150 g Pears=250 Kj (60 cals)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	150 g Pineapple =245 Kj (59 cals)
Plums	Summer	Refrigerate uncovered	Dietary Fibre	70 g Plums=110 Kj (26 cals)
Raspberries	Summer	Refrigerate uncovered	Vitamin C, Iron, Potassium and Magnesium	125 g Raspberries =130 Kj (31 cals)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C, Dietary Fibre, Vitamin E, Folate and Vitamin A	100 g Tomatoes = 90 Kj (22 cals)

Notes

Apple-Carrot-Celery-Juice

You may alter the amounts of either the carrots or apple to make the juice sweeter or savoury to suit your taste buds:
Makes 2 cups:
4 small Granny Smith apples
3 medium sized carrots, trimmed
4 sticks celery
Process apples, carrots and celery through Easy Juicer. Mix well and serve immediately.

Tomato-Carrot-Celery-Lime-Juice

Makes 3 cups:
2 medium tomatoes
1 large carrot, trimmed
2 celery stalks, trimmed
1 lime, peeled
Process tomatoes, carrot, celery and lime through Easy Juicer. Serve immediately.

Carrot-Beetroot-Orange-Juice

Makes 2 cups:
2 medium carrots, trimmed
3 medium beetroot, trimmed
4 oranges, peeled
Process carrots, beetroot and oranges through Easy Juicer. Serve immediately.

Apple-Peach-Grapefruit-Juice

Makes 2 cups
1 small Delicious apple
2 large peaches, halved and seeds removed
2 grapefruits, peeled
Process apple, peaches and grapefruit through Easy Juicer. Serve immediately.

Pineapple-Peach-Pear-Juice

Makes 3 cups
1/2 small pineapple, peeled and halved
2 peaches, halved and seeds removed
2 small ripe pears
Process pineapple, peaches and pears through Easy Juicer. Serve immediately.

Apple-Pear-Strawberry-Juice

Makes 3 cups:
1 small Granny Smith apple
3 small ripe pears
1 cup strawberries, trimmed
Process apple, pears and strawberries through Easy Juicer. Serve immediately.

Rockmelon-Mint-Mango-Juice

Makes 2 cups:
1/2 small rockmelon, peeled, seeded and halved
3 sprigs fresh mint leaves
1 mango, halved, seeded and peeled
Process rockmelon, mint and mango through Easy Juicer. Serve immediately.

Tomato-Cucumber-Parsley-Carrot-Juice

Makes 3 cups:
3 medium tomatoes
1 large cucumber
1 large bunch fresh parsley
3 medium carrots, trimmed
Process tomatoes, cucumber, parsley and carrots through Easy Juicer. Serve immediately.

Kumera-Celery-Ginger-Orange-Juice

Makes 3 cups:
4 sticks celery, trimmed
1 small kumera (sweet potato), peeled and halved
2.5 cm piece fresh ginger
4 oranges, peeled
1. Process celery, kumera, ginger and oranges through Easy Juicer. Serve immediately.

Parsnip-Celery-Pear Juice

Makes 3 Cups:
2 parsnips, trimmed
4 sticks celery, trimmed
4 medium pears, stalks removed
Process parsnips, celery and pears through Easy Juicer. Serve immediately.

Tomato-Carrot-Red Capsicum-Juice

Makes 3 cups:
2 small red capsicum
3 medium tomatoes
3 carrots, trimmed
4 sprigs parsley
Trim base of capsicum and remove seeds. Process tomatoes, carrots, parsley and capsicum through Easy Juicer. Serve immediately.

Blackberry-Pear-Grapefruit-Juice

Makes 3 cups:
250g blackberries
3 ripe pears
2 grapefruits, peeled
Process blackberries, pears and grapefruit through Easy Juicer. Serve immediately.

Beetroot-Apple-Celery-Juice

Makes 2 cups:
4 medium sized beetroot, trimmed
2 medium Granny Smith apples
4 sticks celery
Process beetroot, apples and celery through Easy Juicer. Serve immediately.

Cucumber-Celery-Fennel-Bean Sprout-Juice

Makes 3 cups:
1 large cucumber
3 sticks celery
1 bulb fennel, trimmed
2 cups bean sprouts
Process cucumber, celery, fennel and bean sprouts through Easy Juicer. Serve immediately.

Frothie orange juice

Makes 8-10 cups:
Process oranges through Easy Juicer. Serve immediately. (Best to refrigerate oranges before juicing)

Fresh vegetable soup with noodles
Serves 4

1 small tomato
1 small onion, peeled and trimmed
2 carrots
1 green capsicum, base removed and seeded
1 tablespoon butter
1 tablespoon wholemeal flour
375ml vegetable stock
425g canned baked beans
1 packet 2 Minute Noodles
Freshly ground black pepper

Process tomato, onion, carrots and green pepper through Easy Juicer. Melt butter in a large saucepan over a medium heat. Stir in flour, cook for one minute, stirring constantly.

Stir in the extracted juice, vegetable stock and baked beans. Bring to the boil, then reduce heat and allow to simmer for 10 minutes. Add noodles, cook for 2 minutes or until noodles are tender. Pour into 4 soup bowls, sprinkle with black pepper to taste and serve immediately.

Gazpacho
Serves 4:

4 medium tomatoes
4 sprigs fresh parsley
1 large clove garlic, peeled
1 small onion, peeled and trimmed
2 carrots
2 stalks celery
1 red capsicum, base removed and seeded
1 lebanese cucumber
2 tablespoons red wine vinegar
freshly ground black pepper
1 cup crushed ice
3 tablespoons chopped fresh basil

Process tomatoes, parsley, garlic, onion, carrots, celery, red capsicum and cucumber through Easy Juicer.

Stir in vinegar and black pepper. Arrange ice in four soup bowls. Pour in extracted juice, sprinkle with basil and serve immediately.

Pasta with provencal style sauce
Serves 4:

4 tomatoes
2 sprigs fresh parsley
1 stick celery
2 large cloves garlic
1 small onion, peeled and trimmed
1 red capsicum, base removed and seeded
1 tablespoon tomato paste
1/2 cup red wine
2 teaspoons dried oregano
500g cooked pasta
3 tablespoons grated Parmesan cheese

Process tomatoes, parsley, celery, garlic, onion and red capsicum. Blend tomato paste with red wine, stir in the extracted juice. Pour into a saucepan and cook over medium heat for 3-4 minutes. Add pasta and toss to coat pasta well. Divide mixture between 4 serving bowls. Sprinkle with oregano and Parmesan cheese. Serve immediately.

Mango, rockmelon and orange yogurt drink
Serves 4:

1 mango, halved, peeled and seeded
1/2 small rockmelon, peeled, seeded and cut into two equal portions
5 oranges, peeled
3 tablespoons natural yogurt

Process mango, rockmelon and oranges through Easy Juicer. Pour into a large bowl whisk in yogurt. Serve immediately.

Energy fuel

Grape, kiwi fruit and berry booster

Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.
Makes 6 cups:
500g green seedless grapes, stems removed
2 kiwi fruit, peeled
250g strawberries, hulled
500ml skim milk
2 tablespoons powdered protein drink mix
1/2 cup crushed ice
Process grapes, kiwi fruit and strawberries through Easy Juicer. Mix in milk, protein drink mix and crushed ice. Serve immediately.

Beetroot, carrot and orange quencher

8 carrots
2 small beetroot, trimmed
1/4 cup fresh mint leaves
4 oranges, peeled
Process carrots, beetroot, mint leaves and oranges through Easy Juicer. Serve immediately.

Apricot, apple and pear sparkle

Makes 4 cups
4 large apricots, halved and seeded
4 small red apples
3 medium pears
250ml sparkling mineral water
1/2 cup crushed ice
Process apricots, apples and pears through Easy Juicer. Stir in mineral water and ice. Serve immediately.

Spirited juices

Coconut pineapple colada

Makes 4 cups:
1/2 coconut, peeled and halved
1/2 large pineapple, peeled and quartered
3 tablespoons Malibu liqueur
500ml soda water
1 cup crushed ice
Process coconut and pineapple through Easy Juicer. Stir in liqueur and soda water. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine. Serve immediately.

Bloody Mary

Makes 4 cups
4 medium tomatoes
2 sticks celery
1 large red capsicum, base removed and seeded
1/3 cup Vodka
1 cup crushed ice
Process tomatoes, celery and red capsicum through Easy Juicer. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine. Serve immediately.

Honeydew dream

Makes 4 cups:
1 honeydew melon, peeled, seeded and quartered
3 tablespoons Midori liqueur
500ml soda water
1 cup crushed ice
Process honeydew melon through Easy Juicer. Stir in liqueur and soda water. Scoop ice into 4 tall glasses, pour over melon mixture, mix well to combine. Serve immediately.

Peach and mint julep

Makes 4 cups:
6 peaches, halved and seeded
1/2 cup fresh mint leaves
2 tablespoons Creme de Menthe
2 teaspoons sugar
1/2 cup crushed ice
500ml mineral water
Process peaches and mint leaves through Easy Juicer. Stir in Creme de Menthe and sugar. Scoop ice into 4 glasses, pour over peach mixture, mix well to combine. Serve immediately.

Icy Coolers

Sparkling pear and apricot cooler

Makes 4 cups:
4 large apricots, halved and seeded
3 large pears
250 ml mineral water
1 cup crushed ice
Process apricots and pears through Easy Juicer. Scoop ice into 4 tall glasses. Divide extracted juice between the glasses. Top with mineral water, stir well to blend. Serve immediately.

Rockmelon, strawberry and passion crush

Makes 4 cups:
1/2 rockmelon, peeled, seeded and divided into 2 equal portions
250g strawberries, hulled
pulp of 2 passion fruit
1 cup crushed ice
Process rockmelon and strawberries through Easy Juicer. Stir in passion fruit pulp. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Tropical blend

Makes 4 cups
2 mangoes, halved, seeded and peeled
3 kiwi fruit, peeled
1/2 small pineapple, peeled and halved
1/2 cup fresh mint leaves
1 cup crushed ice
Process mangoes, kiwi fruit, pineapple and mint through Easy Juicer. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Tomato, nectarine, passionfruit and mint icer

Makes 4 cups:
6 tomatoes
2 nectarine
1/2 cup fresh mint leaves
pulp of 4 passion fruit
1 cup crushed ice
Process tomatoes, nectarine and mint leaves through Easy Juicer. Stir in passionfruit pulp. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Cucumber, pineapple and coriander ice

Makes 4 cups:
1/2 small pineapple, peeled and halved
2 cucumber
1/2 cup fresh coriander leaves
1 cup crushed ice
Process pineapple, cucumber and coriander through Easy Juicer. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Pear, radish and celery crush

Makes 4 cups:
3 medium pears
4 radishes, trimmed
3 sticks celery
1 cup crushed ice
Process pears, radishes and celery through Easy Juicer. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Fibre favourites

Rather than waste the fibre from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

Carrot, pumpkin and feta flan

Serves 6:
8 sheets filo pastry
60g butter, melted
1 leek finely sliced
1 cup pumpkin pulp
1 cup carrot pulp
250g feta cheese, crumbled
3 eggs
1 egg white
1/2 cup milk
2 tablespoons orange rind
3 tablespoons chopped fresh parsley

Layer the sheets of pastry, brushing between each sheet with butter. Lift pastry into a 25cm flan tin, press over base and side. Trim pastry edge to about 1.5cm higher than side of tin. Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange rind and parsley. Pour into pastry case and bake at 180°C for 25-30 minutes or until golden and set.

Parsnip, herb and polenta hot cakes

Serves 6:
2 cups parsnip pulp, strained
1/4 cup milk
2 eggs, separated
1/4 cup polenta (corn meal)
1/4 cup self-raising flour
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1 teaspoon cajun seasoning
1 small red capsicum, finely chopped
1 tablespoon oil

Combine parsnip pulp, milk, egg yolks, self-raising flour, polenta, thyme, rosemary, cajun seasoning and red capsicum in a large mixing bowl. Beat egg whites until soft peaks form, fold into parsnip mixture. Heat oil in a large frying pan, drop spoonfuls of mixture into pan. Cook for about 1 minute on each side or until golden. Serve immediately.

Vegetable and bacon soup

Serves 4:
3 teaspoons butter
1 onion, finely chopped
1 ham bone
350g beetroot pulp, strained and juice reserved
50g potato pulp, strained and juice reserved
50g carrot pulp, strained and juice reserved
100g tomato pulp, strained and juice reserved
50g cabbage pulp, strained and juice reserved
reserved juices and enough water to make up 2 litres
4 bacon rasher, chopped
1 tablespoon lemon juice
1/2 cup sour cream

Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice. Bring to the boil, reduce heat and simmer for 30-40 minutes. Remove ham bone, discard bone, finely chop meat and return to the pan. Serve topped with sour cream.

Berry and white chocolate mousse

Serves 6
200g white chocolate
200g strawberry pulp
200g raspberry pulp
3 teaspoons gelatin dissolved in
3 tablespoons hot water
3 egg yolks
300ml carton thickened cream
1/4 cup icing sugar
2 tablespoons Grand Marnier

Melt chocolate over hot water, cool, being careful not to let it set. Combine strawberry pulp and raspberry pulp, set aside. Combine chocolate, gelatin mixture and egg yolks, whisk until pale and glossy. Beat cream until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier. Pour into a wetted 5 cup capacity mould. Refrigerate several hours or overnight.

Family meat loaf

Serves 4-6

500g lean beef mince
500g sausage mince
2 onions, finely chopped
1/2 cup carrot pulp, strained
1/2 cup potato pulp, strained
2 teaspoons curry powder
1 teaspoon ground cumin
1 tablespoon chopped fresh parsley
1 egg, lightly beaten
1/2 cup evaporated milk
1/2 cup beef stock
Freshly ground black pepper
2 tablespoons slivered almonds

Tomato glaze

1/2 cup beef stock
4 tablespoons tomato sauce
1 teaspoon instant coffee powder
3 tablespoons Worcestershire sauce
11/2 tablespoons vinegar
11/2 tablespoons lemon juice
3 tablespoons brown sugar
1/4 cup butter

Place beef, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporated milk, stock and black pepper in a bowl, mix to combine. Press mixture into a lightly greased 11cm x 21cm loaf pan. Pour glaze over meat loaf, sprinkle with almonds and bake, basting often with glaze, for 40 minutes. To make glaze, place stock, tomato sauce, coffeepowder, Worcestershire sauce, vinegar, lemonjuice, sugar and butter in a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, stirring frequently, for 8-10 minutes or until glaze reduces and thickens slightly.

Carrot, apple and celery strudels

Serves 8:

30g butter
1 small onion, finely chopped
41/2 cups carrot, apple and celery pulp, strained
(see juice recipe on page R3)
250g cottage cheese
2 tablespoons chopped fresh mint
1 egg, beaten
12 sheets filo pastry
60g butter, melted extra
1 cup grated fresh Parmesan cheese

Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry. Place tablespoons of carrot mixture on one end of pastry, fold in sides and roll up like a swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 200°C for 20-25 minutes or until golden.

Carrot cake

Serves 16
13/4 cups plain flour
2 teaspoons baking powder
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/2 teaspoon cardamom
1/2 cup peanuts, chopped
1/2 cup sultana
1/2 cup brown sugar, firmly packed
11/2 cups carrot pulp
1/2 cup oil
2 eggs, lightly beaten
1/4 cup sour cream

Grease and line a 25cm x 15cm loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamom, peanuts, sultana, brown sugar and carrot pulp, stir to combine. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan. Bake at 180°C for 1 hour or until cake is cooked when tested with a skewer. Remove from oven, stand in cake pan for 5 minutes before inverting out onto a wire cake rack.

Warranty

We guarantee that all our products are free of defects at the time of purchase.

Any demonstrable manufacturing or material defects will be to the exclusion of any further claim and within warranty limits of the law free of charge repaired or substituted.

There is no Warranty claim of the purchaser if the damage or defect of the appliance is caused by inappropriate treatment, over loading or installation mistakes.

The Warranty claim expires if there is any technical interference of a third party without an written agreement.

Waste disposal

The appliance has to be deposed by the definition of the regional waste disposal of electricalscrap.

If necessary get information of the regional waste management enterprise.

Notes

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